

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A360 – APRICOTS, CANNED, HALVES, UNPEELED, #10

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B canned unpeeled apricot halves packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (12 cups) apricot halves and juice. One #10 can AP yields about 62 oz (7½ cups) drained apricot halves and provides about 29.3 ¼-cup servings of drained apricot halves OR about 48.0 ¼-cup servings of fruit and juice. CN Crediting: ¼ cup apricot halves and juice OR ¼ cup drained apricot halves provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store canned apricot halves in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Apricot halves can be used right from the can, chilled, or at room temperature.



Nutrition Information

Apricots, halves, light syrup, fruit and juice

	¼ cup (63 g)	½ cup (127 g)
Calories	40	80
Protein	0.34 g	0.67 g
Carbohydrate	10.43 g	20.86 g
Dietary Fiber	1.0 g	2.0 g
Sugars	9.42 g	18.84 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	7 mg	14 mg
Sodium	3 mg	5 mg
Magnesium	5 mg	10 mg
Potassium	87 mg	175 mg
Vitamin A	836 IU	1672 IU
Vitamin A	42 RAE	83 RAE
Vitamin C	1.7 mg	3.4 mg
Vitamin E	0.38 mg	0.76 mg

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USES AND TIPS	<ul style="list-style-type: none"> • Serve apricots chilled with syrup or chilled and drained as part of fruit salads. Apricots can also be served with cottage cheese. • Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. • Serve drained and heated or at room temperature as a garnish for main dishes. • Use as directed in recipes specifying apricots such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.